

ELEMENTARY SCHOOL MENU

JANUARY 2024

BREAKFAST ITEMS OFFERED EVERYDAY

CAL CARB		CAL CARB		CAL CARB		CAL CARB		CAL CARB						
Belgian Waffle w/ Syrup Apple Juice	200 120 60	35 31 4	Mini Pancakes w/Syrup Orange Juice	210 120 35	35 3 9	Chicken Biscuit WG Sandwich Apple Juice	250 60	31 14	Turkey Ham+ & Cheese Breakfast Sandwich Orange Juice	270 35	30 9	Maryland Made Cinnamon Roll Apple Juice	232 60	38 14

LUNCH

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY						
01/01		01/02		01/03		01/04		01/05						
<p style="text-align: center;">Holiday New Year's Day</p>		<p style="text-align: center;">No School Day</p>		Chik'n WG Nuggets ^v w/ Green Beans & Roll <i>OR</i>	355	46	French Toast Sticks w/ Sausage* & Syrup <i>OR</i>	462	22	Pizza, Cheese or Pepperoni+~ <i>OR</i>	320/330	31		
				Cheesy French Bread^ Marinara Cup	383 40	29 7	Chicken Patty WG Sandwich <i>OR</i>	342	36	Three Bean Chili ^v w/ Corn & Scoops	277	52		
				Baby Carrots w/Ranch	35/55	8/3	Fruit & Yogurt^ Parfait w/ Granola	220 218	47 47	Assorted Fresh Veggies w/ Ranch	14/55	3/3		
				Roasted Chickpeas	180	27	Celery Sticks w/ Ranch	4/55	1/3	Grape Tomatoes w/ Ranch	18/55	4/3		
01/08		01/09		01/10		01/11		01/12						
Hamburger on Bun~ w/ Crinkle Cut Potatoes <i>OR</i>	404	42	BBQ Pulled Chicken Sandwich w/Corn <i>OR</i>	359	58	Chicken WG Nuggets w/ Macaroni & Cheese <i>OR</i>	506	38	Pizza, Cheese or Pepperoni+~ <i>OR</i>	320/330	31			
Chicken WG Bites w/ Seasoned Potatoes & Roll <i>OR</i>	356 80	38 15	Cheesy French Bread^ Marinara Cup	383 40	29 7	Pancakes & Syrup w/ Yogurt^ & Cheese^ Stick	210/240 180	36/52 15/1	Grilled Cheese^ WG Sandwich	280	31	Sliced Buffalo Chicken & Cheese Croissant Sandwich	314	31
Fruit & Yogurt^ Parfait w/ Granola	220 218	47 47	Celery Sticks w/ Ranch	4/55	1/3	Tossed Salad w/Ranch	20/55	4/3	Tossed Salad w/Ranch	20/55	4/3	Assorted Fresh Veggies w/ Ranch	14/55	3/3
Crinkle Cut Potatoes	99	15	Roasted Chickpeas	180	27									
Baby Carrots w/Ranch	35/55	8/3												
01/15		01/16		01/17		01/18		01/19						
<p style="text-align: center;">Holiday</p>		Teriyaki Beef Bites~ w/ WG Veg Rice & Roll <i>OR</i>	379 80	58 15	Turkey Frank+ on a Bun w/ Seasoned Potatoes <i>OR</i>	380	52	Cheese Lasagna Marinara^ w/ Green Beans & Roll <i>OR</i>	295 80	47 15	Pizza, Cheese or Pepperoni+~ <i>OR</i>	320/330	31	
		Veggie Burger ^v on Bun w/ Crinkle Cut Potatoes	379	50	Belgian Waffle w/ Syrup & Yogurt^	200/120 180	35/31 38	Chik'n WG Nuggets ^v w/ Corn & Green Beans & Roll	283 80	32 15	Turkey & Gravy w/ Sweet Potatoes & Roll	220	20	
		Crinkle Cut Potatoes	99	15	Baby Carrots w/Ranch	35/55	8/3	Spinach, Romaine & Craisin Salad w/Dressing	64 136	12 13	Spinach, Romaine & Craisin Salad w/Dressing	64 136	12 13	
		Grape Tomatoes w/ Ranch	18/55	4/3	Roasted Chickpeas	180	27	Celery Sticks w/ Ranch	4/55	1/3	Celery Sticks w/ Ranch	4/55	1/3	

This institution is an equal opportunity provider.

Montgomery County Public Schools Division of Food and Nutrition Services

LUNCH

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
01/22			01/23			01/24			01/25			01/26		
Hamburger on Bun~ w/ Crinkle Cut Potatoes <i>OR</i>	404	42	Cheese Crunchers^ w/ Marinara Sauce <i>OR</i>	487	55	Pancakes & Syrup w/ Yogurt & Cheese Stick <i>OR</i>	210/240 80/59	35/62 15/1	Crunchy Beef Taco~ w/ Corn & Green Beans & Scoops <i>OR</i>	264	38	Pizza, Cheese or Pepperoni+~ <i>OR</i>	320/330	31
Chicken WG Bites w/ Seasoned Potatoes & Roll <i>OR</i>	356	38	Chicken Patty WG Sandwich	342	36	Teriyaki Meatballs~ w/ WG Veg Rice & Roll	412	49	Veggie Burger^ w/ Crinkle Cut Potatoes	379	50	Turkey Ham+ & Cheese Croissant Sandwich	348	32
Fruit & Yogurt^ Parfait w/ Granola	220 218	47 47	Celery Sticks w/ Ranch	4/55	1/3	Tossed Salad w/Ranch	20/55	4/3	Assorted Fresh Veggies w/ Ranch	14/55	3/3	Assorted Fresh Veggies w/ Ranch	14/55	3/3
Crinkle Cut Potatoes	99	15	Roasted Chickpeas	180	27									
Baby Carrots w/Ranch	35/55	8/3												

01/29			01/30			01/31			02/01			02/02		
No School Day			Chik'n WG Nuggets^ w/ Green Beans & Roll <i>OR</i>	355	46	Chicken Walking Taco w/ Corn & Walking Taco Corn Chips <i>OR</i>	206	23	French Toast Sticks w/ Sausage* & Syrup <i>OR</i>	462	22	Pizza, Cheese or Pepperoni+~ <i>OR</i>	320/330	31
			Cheesy French Bread^ Marinara Cup	383 40	29 7	Macaroni & Cheese w/ Fish Bites	346	29	Veggie Burger^ w/ Crinkle Cut Potatoes	379	50	Turkey & Cheese Croissant Sandwich	331	32
			Crinkle Cut Potatoes	99	15	Grape Tomatoes w/ Ranch	18/55	4/3	Spinach, Romaine & Craisin Salad w/Dressing	64 136	12 13	Spinach, Romaine & Craisin Salad w/Dressing	64 136	12 13
			Baby Carrots w/Ranch	35/55	8/3	Roasted Chickpeas	180	27	Hummus Cup	110	18	Hummus Cup	110	18

Assorted fruit and milk are available at every meal.

Assorted fruit: Calories 20–127; Carbs 7–33

Milk: Calories 90–120; Carbs 12–20

Paid Meal Prices: Breakfast \$1.30 Lunch \$2.55
All meals are free for students who qualify for Free or Reduced priced meals.
Students eligible for reduced price meals will not be charged.



Menu Key: Cal = Calories Carb = Carbohydrates ~Beef *Pork +Poultry ^Vegan

Additional Vegan/Vegetarian options include:
 Peanut butter & jelly sandwich, grilled cheese sandwich, waffle & yogurt, hummus, and fruit and yogurt parfait.
 Please let your cafeteria manager know if you are interested in ordering any of these options.

Standard Calorie/Carb Counts for Bread/Grains (calories/grams)
 Dinner Roll: 80 / 15 Hamburger Bun: 140 / 27 Hot Dog Bun: 130 / 26 Scoops: 110 / 19
 Walking Taco Corn Chips: 240/24

MySchoolBucks.com is a service for parents to make prepayments to their child's cafeteria meal account via the Internet with a credit/debit card. Parents can also check meal account balances, sign up for reoccurring payments, and much more. This service is offered as a convenience for interested families. By creating a secure online account, parents can manage their child's account. Go to **MySchoolBucks.com** to register.

DAILY ALTERNATIVES/NUTRITION INFORMATION

Other daily entree choices may include peanut butter and jelly sandwiches, grilled cheese, hummus, bagel and cream cheese with yogurt, and fruit yogurt and granola parfait. Please check with your school cafeteria manager for your options.

Please check the website for menu changes in the event of a change to the school schedule. Nutrition, allergen, and gluten free information is available on the web at www.montgomeryschoolsmd.org/departments/food-and-nutrition/wellness-and-nutrition-information/

Please note that the calculated calories of some main choices may include a whole grain item that has a calorie range of 70–180 calories.